

In the Specification:

Paragraph which spans pages 16 and 17 (currently amended):

Referring to FIG. 16, there is shown generally at 300 a plate to which toe and heel bindings 24 and 26 (not shown in FIG. 16) are attached and which is height adjustably attachable to a ski 22 as discussed hereinbefore. The plate 300 has a toe end portion 302 and a heel end portion 304 which are similar to the toe and heel end portions 30 and 32 respectively of FIG. 1. The plate 300 includes a generally flat portion 314 upon which the bindings are attached and a pair of flange portions 316 extending downwardly from the lateral edges of the flat portion 314. The toe end portion 302 is pivotly attached to a plate 306 which is in turn attached to the ski 22 by screws such as screws 38 in FIG. 1 received in apertures, illustrated at 308, in the plate 306 and threadedly received in apertures in the ski 22. The plate 306 is formed to have an upstanding tubular hinge portion 310, i.e., having a bore, illustrated at 318, extending laterally of the ~~plate-s~~ plates 300 and 306 therethrough. Forward of the hinge portion 310 is an increased width portion 312 of the plate 306, i.e., a portion which generally extends to the lateral edges of the ski 22. While shown to be integrally formed with the plate 306, it should be understood that the hinge portion 310 may be a separate member which is welded or otherwise suitably secured to the plate 306. In order to pivotly attach the forward end of the bindings or boot plate 300 to the ski plate 306, a hinge pin 320 is received in the bore 318 and in apertures, illustrated at 322 in the forward ends of the flange portions 316. The flange portions 316 have rounded lower forward end corners, illustrated at 324, in order to provide clearance with plate portion 312 during pivoting movement thereof. The plate 306 is of reduced width relative to the portion 312 thereof so as to be able to fit between the flange portions 316.